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# Food and Home Notes

UNITED STATES DEPARTMENT OF AGRICULTURE  
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## FUTURE FOODS ...AND USING SOYBEANS

You may someday -- possibly the near future -- find a new type of yogurt in the market place. It's made from soy milk -- which also is new -- via a process developed by the U.S. Department of Agriculture's Agriculture Research Service. The soy milk maintains flavor and protein digestibility -- the yogurt is made from the milk in a process designed to break down soy sugars that man cannot digest. It's a whole new approach -- and it uses soybeans in a very acceptable way.

Both new foods have acceptable flavors -- more acceptable than the traditional soy milk, according to Agricultural Research Service scientists at the Northern Regional Research Center.

The new yogurt is made with two strains of bacteria being used simultaneously. The combined strains convert sugars in the milk, including soy sugars that man cannot digest, to lactic acid. This is a characteristic component of such fermented foods as sour milk, sauerkraut and pickles.

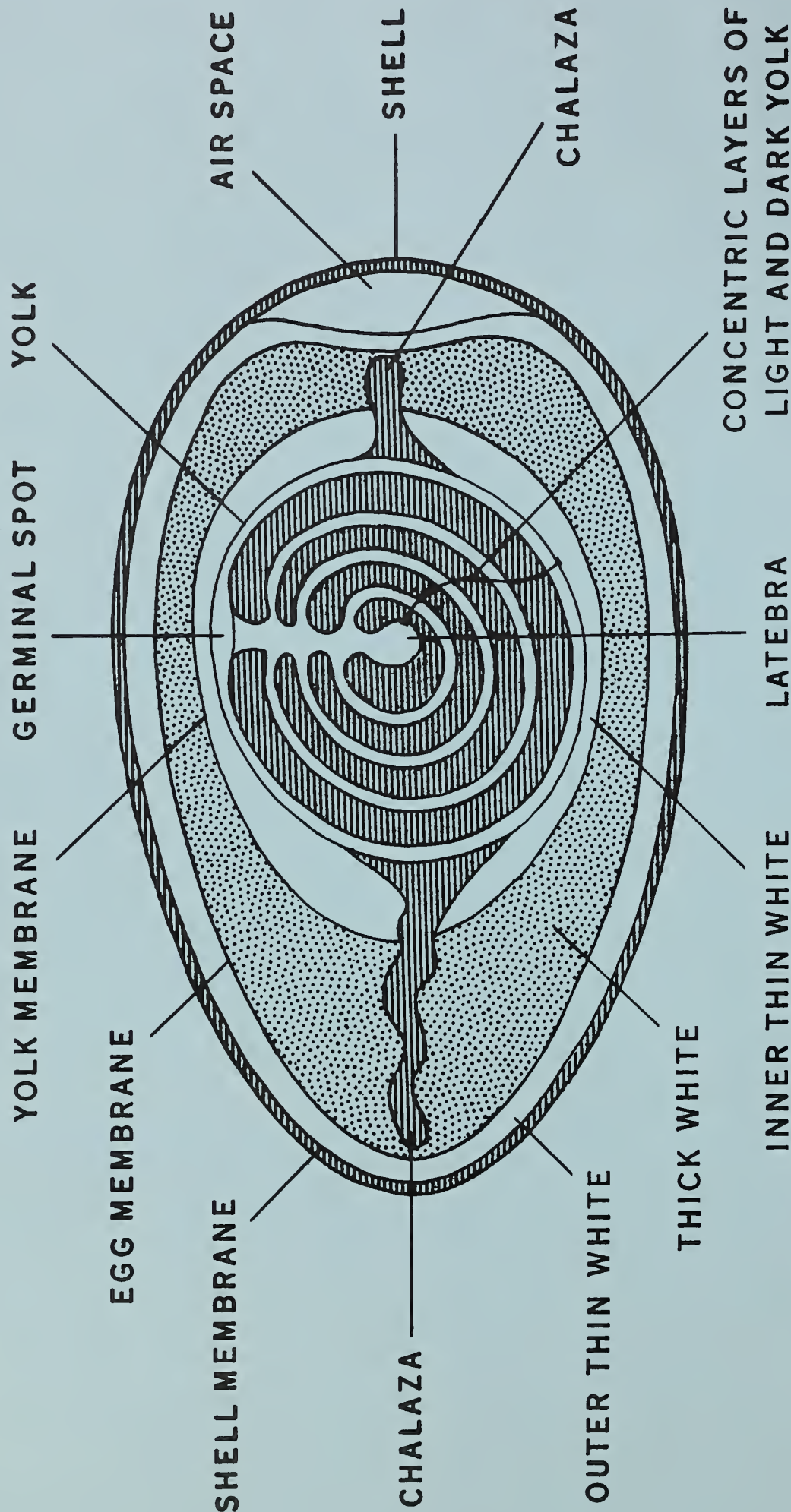
The research was conducted by Hiroshi Kanda, visiting Japanese industrial scientists; and ARS scientists, Hwa L. Wang, Clifford W. Hesseltine and Kathleen A. Warner.

Protein content of the milk affects acidity and flavor as well as texture of the yogurt which can be made with vanilla, orange, strawberry, lemon or natural flavor.

Still in research, this new yogurt is not available for consumers...it's a

"future" food.

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NEG. 249 AGRICULTURAL MARKETING SERVICE

U. S. DEPARTMENT OF AGRICULTURE



## ALMOST ALL ABOUT ...EGGS

● Consumers often ask if there is a difference between brown and white shell eggs. In some geographical areas of the country there is a preference toward white eggs. But -- except for their color -- there actually is no difference between brown and white shell eggs, according to marketing specialists at the U.S. Department of Agriculture.



Is there an "air cell" in an egg? When an egg is first laid, its temperature is about 105 degrees F. and it has no visible air cell. But -- as the egg cools, the liquid inside the shell contracts more than the shell itself. And, the two very thin membranes between the egg white and the egg shell separate -- and an air cell is formed, usually in the large end of the egg. In time it increases in size due to loss of water and carbon dioxide from the egg.

Did you know that some eggs are "oil-treated" -- with mineral oil? There are two main reasons why a commercial egg operator would treat eggs with an odorless, tasteless mineral oil: (1) If eggs are treated as soon as they are gathered, the oil will keep any dirt or stains from "setting" on the shell. The eggs will be easier to clean...especially if they are not washed on the same day they are gathered. Some eggs are treated after they are washed. Washing eggs removes the natural protective cuticle or "bloom" as well as dirt and stains from the shell. The oil reseals the pores in the shell and helps maintain the freshness of the egg. This is especially important if the eggs must travel any distance to market or will be held for any length of time before being sold.

## ALMOST ALL ABOUT...EGGS (CON'T)

When an egg is laid, there is an extremely thin, transparent coating of a protein substance on the surface called a "cuticle". It makes the shell appear smooth and lustrous so it's been nicknamed the "bloom" (because it looks like a closed envelope to seal the pores in the shell). This helps maintain the freshness of the egg by slowing down the loss of carbon dioxide and water from inside the shell, and acts as a barrier to bacteria on the surface of the shell.

Most eggs sold in grocery stores have already been washed and dried under controlled conditions by the processor so it is not usually recommended to wash eggs at home. Additional washing at home may even cause a decline in quality.

The grade shield on an egg carton means that the eggs were packed in a plant which meets the rigid sanitary requirements of the U.S. Department of Agriculture. It means that a USDA grader has certified the quality of the eggs. The three consumer grades for eggs -- U.S. Grade AA (Fresh Fancy), A, and B -- are determined by the interior quality of the egg and the appearance and condition of the egg shell. There are six official size classes for eggs but those most often sold in retail stores are Extra Large, Large, and Medium.



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